

Broccoli Salad

1 head broccoli chopped (peel stalk and cut florets into bite-size pieces)
½ red pepper, cut into slivers
½ red onion, cut into thin slices
½ English cucumber, cut into thin slices

Dressing

3/8 cup flax oil
1 tsp. prepared mustard
1 Tbsp. onion flakes
1 Tbsp. maple syrup (optional)
¼ cup apple cider vinegar
1 Tbsp. soy milk (optional)

Place salad ingredients in a bowl and pour dressing over just before serving.
Lasts several days in refrigerator.

From Sandy Pomeroy